

Cucumber Salad

Makes: 2 servings

This cucumber salad has a light and creamy dressing. Make it ahead of time and chill it in the refrigerator until you are ready to serve it.

Ingredients

- 1 cucumber (large, peeled and thinly sliced)
- 2 **tablespoons** yogurt, low-fat
- 1 **tablespoon** vinegar
- 1 **tablespoon** vegetable oil
- 1 **tablespoon** water
- 1 **teaspoon** dill weed (optional)
- 1 **dash** pepper (optional)

Directions

1. Peel and thinly slice cucumber.
2. Mix all other ingredients in the mixing bowl.
3. Add cucumber slices and stir until coated.
4. Chill until serving.

Michigan State University Cooperative Extension Service, Eating Right is Basic Nutrition Education Program

Nutrition Information

Nutrients	Amount
Calories	90
Total Fat	7 g
Saturated Fat	1 g
Cholesterol	0 mg
Sodium	15 mg
Total Carbohydrate	4 g
Dietary Fiber	1 g
Total Sugars	3 g
Added Sugars included	N/A
Protein	2 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A
N/A - data is not available	